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phens from the carping of that unreasonable criticism which would "fault him,"—in the expressive phrase of the Irish,—for not sitting down to philosophize, when, as we contend, he ought to be doing just what he did, taking heedful note of all things curious, novel, or wonderful, that came in his way. His business was to collect materials for others to philosophize upon, if they chose; and have we not shown how successful he was in the gathering? Here, in our limited range of extracts, and that, too, without even alluding to the ruins, we have presented him discoursing of the most interesting philosophical topics; manners, morals, cookery, political economy, gambling, lovely women, surgery, slavery, currency, fortitude under suffering, universal suffrage, democracy, the credit system, the administration of justice, revolutions, and natural history; and if there had been room, we could have gone on extending the catalogue indefinitely. *Macte virtute*; if Mr. Stephens will take our advice, he will go on making just such books as he has made hitherto, and beware how he burns his fingers with "inductive philosophy."

ART. IV. — *The Northern Lakes a Summer Residence for the Invalids of the South.* By DANIEL DRAKE, M. D., Professor in the Medical Institute of Louisville. Louisville, Ky. T. Maxwell, Jun. 1842. 8vo. pp. 29.

THIS is a work of few pages, but it opens a subject of very broad bearings. Dr. Drake's character as a literary and scientific man is known throughout the country. His reputation has grown with "the West," and he has been a most attentive and intelligent observer of its moral and physical developments. To him the public is indebted for many valuable collections of facts relative to the Indian history, habits, &c., arresting them as they were fleeting by, likely to be lost for ever. He has also been an industrious chronicler of those events which prepared the way for that magnificent progress of population and improvement, that has marked the last fifty years of the *trans-Alleghanic* region.

These have been the mere diversions of his active mind,

his regular profession having probably furnished the main occupation of his matured years. Led by motives arising principally from this profession, he made, the last summer, a tour over the "Northern Lakes" in such a leisurely way, as enabled him to treasure up many valuable observations on the characteristics of disease, as modified by climate, geographical influences, and other causes, with a view to form clear and satisfactory opinions respecting the chances of health and long life, that are presented by several of the broad divisions of our country. This more elaborate result of his tour has not, as yet, been published; though, we trust, the expectation of its appearance, in due time, will not be disappointed. In a country where such continued changes are taking place, and a part of the population appears to have no abiding place, it is well to have something like a *hygeic* chart, showing the promise of salubrity held out by different regions. Foresight or prudential calculations do not govern in many cases, where a restless spirit of adventure prompts and goads on to change. There are other cases, however, where there is a desire to examine all the influences for good or for ill which may hang over the future. And we have no doubt, that, should Dr. Drake present to the public such a work, as his experience, range of observation, and nice discrimination, will enable him to prepare, after a very general and careful consideration of many latitudes and longitudes, in their bearing upon this important subject, it will be sought after with much eagerness, as one of those guides in emigration, which may dissipate doubts and fears so naturally suggested where so much is put to hazard.

The present discourse is not intended, we presume, even as a preliminary to the important work here alluded to. It was addressed to the pupils of "The Medical Institute of Louisville" soon after the return of the author from his tour, and appears to have in view merely a general outline of the objects that had attracted his attention, and their particular bearing upon "valetudinarians of the South," who may leave their warmer latitudes for the North. The opening of his discourse will best bespeak his views in delivering it, and is as follows.

"Much having been written on the comparative fitness of different places in the South, as winter residences for the inva-

lids of the North, we propose to say something for the benefit of the valetudinarians of the former. Their present places of resort are chiefly the following:—1. The Virginia Springs, where they *can* drink mineral waters of different kinds, and *must* breathe a mountain air, which, although not in a high latitude, is invigorating. 2. The New York Springs, in a higher latitude, but on a lower level. 3. The Harrodsburg Springs of Kentucky, where art has contributed munificently to the comfort of invalids and the amusement of the gay, but the advantages of high latitude and alpine scenery cannot be enjoyed. 4. Long Branch, Newport, Nahant, and other marine watering and bathing places; to which may be added, 5. A trip to the Falls of Niagara, and 6. A voyage on the St. Lawrence to Montreal and Quebec. It is not our intention to declaim against any of these resources, but to add another, which we cannot but regard as superior to either, and, in reference to certain invalids and fashionable *ennuyés*, preferable to the whole. Before proceeding, however, let us inquire, what is necessary to give effect to a sojourn in the North by the classes of persons whose tastes or infirmities demand it. In the first place, as the majority are citizens, they should, in travelling for health or recreation, seek for places and scenes that will be in contrast with their homes. The invalid cannot recover, nor the fashionable rusticate, in a crowd. 2d. The places now frequented are not so far north as to give many of the advantages of a cool climate. 3d. They offer but few novelties. 4th. They do not abound in historical associations. 5th. Although the springs of New York, Virginia, and Kentucky are valuable in several forms of chronic disease, they are useless in others and injurious in some,—while the invalid seldom proceeds to drink of their waters understandingly. 6th. The amusements and dissipations in which they abound often tempt the infirm into unhealthy indulgences. 7. It is, we believe, an admitted truth, that, in general, but a *part* of the benefit which results from visiting mineral springs comes from the use of their waters.”—pp. 5, 6.

When we consider the large number of persons whose comfort is concerned in this matter, we are disposed to place all efforts to give it a proper direction high on the list of benevolent plans. There is a constant interchange between the North and the South in respect to invalids. We do not know that any one has undertaken to sum up, even with approximate accuracy, the number of those who leave the North, as the chills of autumn give out their warning of

the approach of winter, for the more genial South ; or of those who, as the high temperature of summer parches up the South, shrivels its foliage, and lifts up each evening a humidity from its streams and marshes, that descends in poison upon man, however it may refresh the withered herb, — of those who “flee as a bird unto the field,” or to the cooler breezes and purer atmosphere of the North ; but we have no doubt that they constitute a class whose sum and substance may claim the kindest regards of the philanthropist.

The invalids of the North have little choice, as they turn towards the lands of perpetual verdure. If they stop short of the West Indies, the maritime skirts of South Carolina, Georgia, or Florida gather them within their tepid folds. They have but one object in view, and that centres upon a point. They seek repose beyond the boundaries of frost, and gladly pause upon the first spot which promises to afford such amenity of climate.* Not so with the Southerner, who generally looks to the North for an agreeable and healthy sojourn of a few weeks. His object is rather to fly from disease, than to seek for health. The whole North is before him, where to choose. Attractions radiate in every direction, almost bewildering him with their multiplicity, and, in his doubts and indecision, he resolves to follow where others have led, though the trace run the same round, until it has become tiresome from monotony. This remark applies more particularly to those who come up the coast.

Dr. Drake places the “Virginia Springs” at the head of his enumeration ; not, we presume, from any superiority of attraction, though they offer many allurements to a large class of invalids. The waters are salutary, and of

* It has, of late years, particularly during the Florida war, been the habit of individuals, laboring under pulmonic complaints, to resort to St. Augustine, which certainly offers many inducements to such to winter there. Its climate, compared with that of all northern positions within the United States, is bland and restorative. Still, it has many days which are harsh to the consumptive patient ; many winds which make him shrink within his cloak, and aggravate his complaint. There are positions on the River St. John's nearly free from these objections. They are rather in the interior, and yet not so far from the coast as to lose the influences of the sea-breeze. Probably Pilatka, a site occupied by the troops, about a hundred miles up the river, and twenty-five miles in a direct line (the intervening land being flat) from the ocean, and where there will be ample accommodations of such kind as answer in that mild climate, will soon become a favorite haunt for northern invalids.

extraordinary efficacy in many complaints. The air is invigorating, because it blows over mountains, which improve the atmospheric currents almost as much as those of water. If more of the Southern invalids were persuaded to stop short of this point, more of them would probably be benefited by their journeyings ; as many, in going farther, only fare the worse. But the "New York Springs," the second in his enumeration, have long been first in popularity. They have been the cynosure of neighbouring, as well as of more distant eyes, for years ; the fashionable ordeal through which all must pass, who wish to avoid a mortification like that of Sterne, when he was piqued into the undertaking of his "Sentimental Journey."

A great change has come over this American Spa within a few years. We can remember the time when it affiliated with the surrounding country only by a few lines of stages, put upon the route only during the "watering season" ; private equipages, extras, exclusive extras, &c., forming the principal means of conveyance for the crowds that concentrated there. Even the Carolinian and the Georgian, having in view only a few weeks' stay at these springs, would begin their long journey in a private carriage, undiscouraged by the prospect of bad roads, almost impassable streams, and slovenly accommodations ; deeming the exhibition of themselves for such a brief time there a full compensation for all perils and privations encountered while outward and homeward bound. The classification of these crowds was then most distinctly made out, the mode of reaching the place marking with the most obvious discrimination the various grades of wealth, if not of respectability, prevailing among the visitors. Those who arrived in a coach and four were wheeled up in the brightest hour of day, and when the balconies were most likely to be thronged with spectators, feeling an assurance that all eyes would be turned on them with curiosity and consideration, the latter being readily paid in advance upon such unquestionable claims to receive it. The way was promptly opened to the party, which slowly descended the steps of the carriage and ascended those of the hotel, and the saloon was reached in a sort of triumph, where all was bustle and obsequiousness on the part of the host and his attendants, spreading out before them the choice of accommodations. The genealogy and

public and private history of such a party immediately became matters of general discussion. No gazetting could have given greater notoriety. Fortunate were those who could bear the scrutiny, without any loss of that reputation which the equipage suggested. The more modest carriage and pair had less blazonry than the "four in hand," but was driven up with no misgivings as to its full title to respect and a complimentary reception. The curricule and tandem introduced the bachelor in full-orbed pretension. In the descending scale, came the "hack," which could not be disguised, even by an adroit masking of the "No.", or any other cunning devices assuming the resemblance of proprietorship. The cold-shoulder was put forward against all such counterfeit presentments. The gig or chaise called forth all degrees of indifference, from the "temperate" of a passing glance, down to the "zero" of utter contempt. If those humble vehicles had an undisguised trunk strapped on behind, in a make-shift way, showing that it had no fitness for such extraordinary uses, the balconies were either deserted, or the promenade continued there, as if no arrival had occurred. If they contained a pair of the sexes, the chances were, that, after awaiting the coming of a waiter until impatient at the delay, the woman had to enter and announce their advent, leaving the man to hold the horse in the mean time. No perceptible change of circumstances took place, even if an additional horse were seen harnessed on the outside of the thills (the whippetree being *boomed* out to accommodate this double draft), its *pseudo* character being at once detected. A genuine chaise passed better muster than such a semi, demi-semi curricule.

The public stages brought up the rear. Those who came in them were crowded, heated, dusted, and generally afforded an exhibition of the pitiable and the ludicrous, too tempting to be avoided by those who had nothing else to do than to watch the passing scene for something new and piquant. As the passengers, during the trying interval which determined their fate, whether they were among the admitted or the rejected, endeavoured to conceal themselves from view, or boldly sat with a look of affected indifference, trusting that their flushed faces and begrimed garments, when removed, would leave little or no personal identity behind, a hundred merry glances from the balconies showed

that there were privileged spectators there, who regarded a scene *in* a stage as legitimate a subject of amusement and criticism as if *upon* a stage. Happy those, who, constrained by a narrow income, or moved by a feeling of economy, had resorted to this chartered, and therefore despised, conveyance, if some accident postponed its arrival until the shadows of evening threw a friendly veil over the approach and entrance, and enabled the party to escape unobserved to their rooms, with a chance of emerging thence under appearances better suited to the pretensions or real character of those who composed it.

The change to which we have alluded, and which has revolutionized all these distinctions, and fused all comers as it were into one mass, has been produced by the railroads that connect these watering-places with the capital of New York. The humble in mind and in fortune must rejoice in this levelling effect, however it may chagrin the *millionnaire* and the subordinate Diveses of the land. Amid the rush that sets from the cars to the hotels, the owner of the "four-in-hand" is not distinguished from him who habitually rides in a chaise, or even does not ride at all; while the jumble of trunks and carpet-bags—all of them of enormous capacity—on the barrows amalgamates all differences that hastily read names might suggest; and he who can walk the fleetest, or elbow the best, succeeds in entering his name on the book at the bar first, and consequently, under the impartial rule that now prevails, becomes "first served." Favored by such circumstances, the plebeian may resort to these Springs as well as the magnate. No externals decide the lot or standing there. All, or nearly all, come and go, equally without triumph and without defeat. Some, it is true, have a name, dependent upon no externals, which floats over the multitude at these crowded places as well as elsewhere, and is always uppermost. There are exceptions to the general rule; the truly great are great at all times and in all places.

The fashionable places of summer resort have been latterly rendered, by the facilities with which the unoccupied and the invalid can move towards them from the most remote parts of the country, a thousand fold more crowded than they were in other times. With the former—that is, the unoccupied—we have nothing to do, as Dr.

Drake addresses his recommendations to invalids alone, leaving the healthy and the wealthy, who fly from place to place to while away the tedium of idleness, to jostle in saloons and lounge in their purlieus, as they may list in their listlessness. He remarks, as we have quoted, that this locomotive world, who, during the warm season, are ever on the march, and whose home is on the road, "in traveling for health or recreation, should seek for places and scenes that will be in contrast with their ordinary homes." This contrast may, in some respects, be found at these "Springs"; but it is clearly not the contrast that benefits the invalid. Dr. Drake considers that there is another pathway struck out, which may be followed with far superior advantages. In pointing this out, he draws, chiefly, from notes which he "made on a voyage of two months, for medical observation, during the past summer."

We cannot quote, at large, the outline embraced by his address. His object is to induce invalids, instead of seeking the bustle and excitement of the "Springs" or the "Falls," excepting to give them a passing glance, to extend their movements through the great chain of the "Northern Lakes," and he marks out the course most eligible for them to pursue, whether their point of departure be west or east of a meridian line, dropped from Mackinac, the "centre of gravity" (as he terms it), down through the States.

It is already well known to the residents of the lower Mississippi, that, whatever point at the North be their object, the most certain means of attaining it is by the way of Chicago and the Upper Lakes to Buffalo, and thence onward. That route has the advantage of the Ohio and Ohio canal route certainly, as the latter, so far as the Ohio river forms a part, is liable to subsidences, which often throw off all the large and comfortable boats. A New Orleans family, when it leaves behind the summer solstice and the opening autumn, and the perils to health which beset those seasons, embarks on its long peregrination with an assurance, having all reasonable probabilities in its favor, that it will reach, by the lake route, any proposed destination with comfort and punctuality. Moving up the Mississippi in the floating palaces of that magnificent river, it makes such delay at St. Louis as suits its convenience or taste. The next stage of the journey is thence to Peoria, on the river Illinois, in

boats adapted to the shoaler waters of that stream, but having ample room to gratify all ordinary requirements. It is well thus to become somewhat habituated to a diminishing scale of accommodations, in order to find the land carriage thence to Chicago less irksome in its contrast with the steamers. Post-coaches await the travellers, at this upper point of the Illinois, to transport them over about one hundred miles of prairie country, offering in its very monotony a novelty that gives the most pleasing employment to the eye. It has not the dull level of a plain, but undulates like a sea of verdure. To those who have never seen nature under this singular aspect, the sight is a rich treat, and the hundred miles terminate long before the gratification which it affords.

At Chicago, boats of the first class, as to size and all other respects, offer, every other day, the means of continuing the route, through a series of lakes, (Europeans would call them seas,) by a voyage, ordinarily of five days, to Buffalo. The length of the voyage is (as Dr. Drake states) "more than twelve hundred miles, on which the traveller is carried by long stretches to the west, the north, and the south; never out of sight of land on Erie, and not long on Huron and Michigan. During the three summer months, he will seldom encounter heavy gales; but, from the shallowness of Lake Erie, it becomes agitated by gentle winds, and it is not uncommon for the invalid to experience the unwelcome benefit of a turn of 'sea-sickness.' When an occasional tempest stirs up the deeper waters of Huron or Michigan, a more formidable agitation, such as the Atlantic might not disown, arises, but this is of rare occurrence. Hence the dangers of a voyage upon the Lakes are almost limited to fire, as 'sawyers' do not exist, and rocks are scarce, while the ample sea-room is an adequate guaranty against the fatal rencontre of boat with boat, which, on our [the Ohio and Mississippi] rivers, destroys and cripples so great a number."

This voyage affords much "to excite the mind as well as agitate the body"; both of which effects are pronounced by Dr. Drake necessary to render "travel beneficial." There can be no doubt of the truth of this remark. And there can be as little doubt, that it is better to obtain this beneficial excitement and agitation by one of these voyages of

several days, which intersperse land views with those of water, than by those short and rapid trips which are made in other parts of the country. The trip up the Hudson river embraces many views of great beauty, and some of much sublimity. But the velocity with which, in modern times, one is hurried through these scenes, so unlike the days of packets, when one had sometimes a week's leisure for contemplating them, combined with the distractions that an overloaded boat, the jostle and bustle, continued incoming and outgoing of passengers, unavoidably produce, scarcely leave the eye any time or mood for such occupation. Indeed, it is always most unsatisfactory to recollect the imperfect impressions that are left on the mind by the transient views one obtains of the Highlands, and other striking scenery, of that beautiful river. It is the fleeting pauses made each few miles on one bank or the other, that have taken the strongest hold on the memory; those pauses, made with such exact calculation as to the time necessary to enable a stream of people and baggage to run out, and another to run in, with no probable loss of life or limb, and no possible loss of a minute, arresting one's attention like any experiment that involves so much nicety and hazard. Every thing else is shadowy on the memory, and so mixed up with the inconveniences and annoying trifles that almost unavoidably beset one in the midst of a throng, allowing no play for the gentle sympathies of life, when all is unaccommodating, half selfish, and more than half uncourteous, that neither body nor spirit appears to have been benefited by the trip. The predominant feeling, catching its character from the competition of the times, seemed to have been that of impatience, and an ardent desire to pass and surpass any thing moving with us, and to reach the end of the trip with a new and unprecedented speed. Besides, those with whom you were thus closely associated for a time, elbow to elbow, or breathing on each other's shoulders, and within the sound of each other's very whispers, had gone out of mind as they departed from the sight.

It is not so with one of these Lake trips of a few days. A kind of fellowship springs up in that length of time, in spite of formality and conventional barriers that divide strangers from each other. Those on whom we hardly cast a glance on the first day, become somewhat familiar to the

eye on the second, and, by the third day, all are ready to take advantage of any of those little suggestions to conversation which propinquity ever affords, to enter upon a way-faring acquaintance, that often lends a pleasure to passing hours, and dwells pleasantly on the mind in many an after day. Besides, as Dr. Drake observes, such extended trips present a most agreeable and salutary change of climate, that strengthens the body, and gives a buoyant character to the spirits. We cannot do better than quote his remarks in connexion with this subject.

“When the south-west winds, which have traversed the vast plain separating the Gulf of Mexico from the Lakes, reach the shores of the latter, they are necessarily dry and hot. Hence the temperature of Buffalo, Erie, Cleveland, Sandusky, Toledo, Detroit, and Chicago, in the average latitude of 42° , is quite as great as their position should experience,—greater, perhaps, than the traveller from Louisiana or Carolina would expect. But the duration of these winds is at no time very long, and whenever they change to any point of the compass N. of W., they bring down a fresh and cool atmosphere, to revive the constitutions of all whom they had wilted down. These breathings from the north descend from the highlands around Lake Superior, which are nearly as elevated above the sea as the mountains of Pennsylvania, and stretch off beyond the sources of the Mississippi to the Rocky Mountains. In passing over that lake, with Michigan and Huron immediately south of it, the temperature of which in summer, as we have already seen, is less than 60° , these winds suffer little increase of heat, and become so charged with moisture from the extended watery surface, as to exert on the feelings of the people along the southern shores of Erie and Michigan, a most refreshing influence.

“From the hour that the voyager enters Lake Huron at the head of St. Clair River, or Michigan at Chicago, he ceases, however, to feel the need of such breezes from the north-west; for the latitude which he has attained, in connexion with the great extent of the deep waters, secures to him an invigorating atmosphere, even while summer rages with a withering energy in the south. The axis (?) of each of these lakes is nearly in the meridian, and every turn made by the wheels of his boat carries him farther into the temperate and genial climate of the upper lakes. Entering it by either of the portals just mentioned, he soon passes the latitude of 44° , and has then escaped from the region of miasms, musquitoes, congestive fevers, cholera-

morbus, dyspepsia, blue devils, and duns! — on the whole of which he looks back with gay indifference, if not a feeling of good-natured contempt.

“ Everywhere on the shores of the lakes, from Ontario to Superior, if the general atmosphere be calm and clear, there is, in summer, a refreshing lake and land breeze; the former commencing in the forenoon, and, with a capricious temper, continuing through most of the day; the latter setting in at night, after the radiation from the ground has reduced its heat below that of the water. These breezes are highly acceptable to the voyager while in the lower lake region, and by no means to be despised after he reaches the upper.

“ But the summer climate of the lakes is not the only source of benefit to invalids; for the agitation imparted by the boat, on voyages of several days’ duration, through waters which are never stagnant, and sometimes rolling, will be found among the most efficient means of restoring health, in many chronic diseases, especially those of a nervous character, such as hysteria and hypochondriasm.

“ Another source of benefit is, the excitement imparted by the voyage to the faculty of observation. At a watering place all the features of the surrounding scenery are soon familiarized to the eye, which then merely wanders over the commingled throngs of valetudinarians, doctors, dancers, idlers, gamblers, coquettes, and dandies, whence it soon returns, to inspect the infirmities or *tedium vitæ* of its possessor; but on protracted voyages through new and fresh regions, curiosity is stirred up to the highest pitch, and pleasantly gratified by the hourly unfolding of fresh aspects of nature; some new blending of land and lake — a group of islands different from the last — aquatic fields of wild rice and lilies — a rainbow walking on the ‘face of the deep’ — a water-spout, or a shifting series of painted clouds seen in the kaleidoscope of heaven.” — pp. 10–12.

Though some may be inclined to smile at the enthusiasm here exhibited, in regard to the beneficial influences of these Lake excursions, we know, from experience, that they are not overrated; we know, also, that generally, those who have made them look back upon them with satisfaction, and a grateful recollection of the benefits they have afforded.

This address does not confine itself to a mere geographical view of the regions brought under consideration. It supposes that there may be other sources of gratification than those which arise from an examination of natural beauties and natural phenomena. It truly states, that “the

North has attractions of a different kind, which should draw into its summer bosom those who seek health and recreation from travel. From Ontario to Michigan, the voyager passes in the midst of spots consecrated to the heart of every American, and deeply interesting to all who delight to study the history of their native land. The shores and waters of the Lakes, so often reddened with the blood of those who fought and died in the cause of their country, will present to the traveller of warm and patriotic feelings scenes which he cannot behold without emotion, under which real diseases may abate and the imaginary be forgotten."

This eloquent allusion to these historic scenes is followed by a brief enumeration of them, as they successively arise to solicit attention, in almost every quarter, throughout the whole excursion; those quarters having been the theatre of many interesting and important achievements, during a series of Indian wars, and during the war of 1812 with Great Britain. However some fashionable minds, which have been engrossed by thoughts connected with metropolitan dissipation, may turn with indifference from such associations, they are most proper and honorable objects of pursuit and contemplation. An actual survey of grounds which have been made memorable by actions that have caused the loss of blood and life, and promoted the welfare or vindicated the rights or honor of one's country, expands and elevates the feelings, and makes one duly proud of that country, and duly grateful for services that have been rendered in her hour of need.

The address embodies many facts relative to the Northern Lakes which may not generally be known. As one gradually moves through this vast chain of waters, it may not enter into the mind, that an ascent is constantly going on, rising step by step into the "liquid chambers" of the interior, until, at the Sault St. Marie, a height of more than six hundred feet above the level of the sea has been attained. It also states the probable depths of these enormous basins of water; that "the lead has been sunk off the mouth of Saganaw bay eighteen hundred feet, more than twelve hundred below the level of the Atlantic Ocean, without reaching the bottom." This profound depth at that point is well attested by the heavy sea that is rolled up there,

when a furious northeaster “turns up the bottom of the deep.”

In respect to the “temperature of the Lakes” — an important consideration — the address states that it “is diminished by latitude and depth. Thus, in reference to the former, we found a difference of 10° or 12° between the heat of the shoal water on the south side of Lake Erie, and the north of Huron; and in reference to the latter, we observed, in crossing Lake Michigan from Green Bay to Mackinac, that the thermometer first sunk from 76° to 58° ; then, after passing the centre of the lake, and entering the Straits of Mackinac, gradually rose to 64° . Again, on leaving the harbour of Mackinac, several days afterwards, it was 61° ; in the deep waters of Lake Huron it sunk to 53° , while at the lower end of the Lake, in shallow water, it rose to 65° . We made but a single observation on the heat of the water *below* compared with that of the *surface* of the *same* spot. It was in Huron, near the island of Mackinac, where we found the surface water, and that two hundred feet deep, of the same temperature, 56° . Travelers, then, who, in crossing the lakes, wish for cool water, need not draw it from their depths, as that of the surface, at any given point, would be of the same temperature with that beneath. This uniformity results, no doubt, from the transparency of the upper lakes, by which the rays of the sun penetrate them, without meeting with solid matters in suspension to elicit their heat; it is like their passage through the cloudless atmosphere, which they do not warm.” — p. 9.

Dr. Drake dwells with much delight on the picturesque features, and traditional and historical associations, of the island of Mackinac. Probably few or none have visited that singular and beautiful island with other than a similar feeling. The voyage, either way, naturally fits one to relish the novelty it presents to the eye. It has been the object of admiration, and even superstitious respect, among the aborigines, through all their known history, as is strongly bespoken by their traditions, and the persevering efforts they still make, when all other customary motives are withdrawn, to revisit it, that they may draw up their canoes upon its pebbly shore, pitch their lodges beneath the shadow of its lofty cliffs, and mount to its pinnacle — more than three hundred feet above the level of the Lake — and dwell on the glorious scene spread beneath and far around. Nature has exhibited her most freakish humors in this island, and thrown

some of her works into the shapes of art, as if the latter had designed and executed them instead of herself. The "Sugar-loaf Rock" is, as its name imports, a protuberance of a regular form, rising eighty feet or more above the surface; a geological problem that puzzles the scientific to solve. Whether its cone was thrust up above the common level by some subsultory force, leaving the surrounding mass undisturbed; or whether strata have been washed away, and left this monument to mark their former elevation, are questions that remain to be answered.

This island has also its Leucadian Rock, or "Lover's Leap"; an Indian girl, according to tradition, having, Sappho-like, sacrificed herself there for love. It stands, like a pinnacled turret, on the upper edge of a lofty cliff, forming a leap of nearly two hundred feet. As it would be unclassical, in such a case, to run the hazard of being bruised to death on the rocks beneath, it is presumed that the waters were, at the time of this sacrifice, at a higher level than they are now, when a watery grave could hardly be reached by the most extraordinary effort.

But the most striking object on the island is the "Arch-rock," as it is generally termed. Dr. Drake speaks of it as a "natural bridge," but to warrant the application of that name, it should be more passable than it now is, or probably ever has been. Some light-footed quadrupeds, and persons adopting the position of quadrupeds, have attempted to scramble over its *archivolt*. It is seen on the eastern cliffs of the island, where they rise perpendicularly about one hundred and fifty feet above the lake, its outer abutment resting on the beach, while the other forms a part of the main bank. The arch is slightly rampant, and about thirty feet in span; its sweep is of a most symmetrical character, though the rocks are knit together in a rude manner, and leave the spectator to wonder how, without keystone, or *voussoir*, or any of the securities of masonic arrangement, they hold their place in the upper air. Both the view from above, giving one, through the aperture, a glance at the waves far beneath,—and from below, opening a "narrow vista into heaven," are equally beautiful, and long enchain the eye. Indeed, there are few, if any, places in the United States, where a week or more can be passed away with greater promise of benefit to the health and spirits, than at the island of Mackinac. It has a labyrinth of quiet, shady

walks, which that week or more could not unravel ; it has ascents and descents, which bring, in healthy succession, every muscle of the system into activity ; and it has views from its apex, where one can turn on the heel through all the points of the compass, still feasting the eye on attractive prospects. It has mysteries, besides, which lend to it a spice of the marvellous. A wanderer among the deep and tangled groves that crown the island reports that he stumbled on a fissure in the rocky mass that outcrops there, into which he was tempted to cast a stone, which went “nickety-nock” far down its dark depths, until it splashed, with a smothered sound, into hidden waters there. The “rotten limestone,” of which this island is mostly composed, gives it a cavernous character ; such latent wells are, therefore, not improbable.

Dr. Drake has not forgotten to bestow due praise upon the “white fish” found there and at the Sault St. Marie, remarking, that it is “food for nymphs,” and that “its flesh, which is the cold and clear waters of the lake organized and imbued with life, is liable to but this objection, that he who tastes it once will thenceforth be unable to relish that of any other fish.” To this high encomium may be added the tribute paid to its excellence by, perhaps, a better judge, because of larger fish-eating experience than Dr. Drake. Mrs. Jameson, who had eaten the best fish of the Atlantic and the Mediterranean, somewhere has recorded her opinion, that, good as some of them are, and still better as others are, the white fish, in flavor and texture, is the best.

The excursion that is so strongly recommended by Dr. Drake to the invalid and the unoccupied, who seek for health or recreation, has been long known to European travellers, who seldom cross the Atlantic without also crossing our Northern Lakes. They tarry awhile in our cities to look at buildings, examine institutions, watch the ever-shifting multitude by day, and observe the more stationary society at night ; take their flight interior-ward ; perch a day or two at the Springs ; make a much longer pause at the Falls, where the thought of man is almost lost in contemplation of the overwhelming grandeur of nature, the secrets of whose operations are there so truly “past finding out” ; and then embark on a trip over the Lakes, that they may person-

ally observe the length and breath, reflect on the height and depth, and all the geographical phenomena, which so peculiarly mark the northern part of our hemisphere with features of magnificence that have no parallel in the aspects of the older world.

The metropolitans of our country can hardly persuade themselves to venture beyond the limits of their social connexions. Where these terminate, their peregrinations mostly end. The limits thus determined usually extend as far as the various Springs and Falls, at which places are found nearly all the luxurious comforts and polished courtesies of life. The presence of these permits all habits and tastes to have their usual indulgence. Any departure from this narrow round would be regarded as an aberration from the proper orbit, likely to lead only to confusion and noxious contacts. It is thus that the daintiness and conventional monotony of city life are seldom interrupted. The outer world is almost unknown. Mankind at large is never contemplated ; for in going from city to city, and from one " watering-place " to another, it is, literally, *cælum, non animum, mutant* ; nature is seldom seen in her noble phases ; and thousands live and die without learning the important lesson, that what they see, what they feel, and what they endure, is but a part, and a small part, of the common lot of man. It is a study to observe one of these fastidious beings, when some accident or necessity throws him beyond his habitual associations, and notice the surprise and shrinking with which he witnesses the novelties of manners and things as they arise before him. It was truly remarked by Washington Irving, when, amid the privations of his prairie excursion, he was growing in strength of body and independence of mind, that one such tour was worth, in its influence on the traveller, a hundred tours in Europe, revolutionizing, as it did, the whole system in all its capacities, and showing one that manliness is the fruit of harsh and varied experience. Having never slept but with impervious roofs and ceilings above, and eider-down beneath, we imagine that one night's repose on the damp earth, with nothing to shelter us from the dews of heaven, would be more than we could bear. Mr. Irving found that he could survive hunger, thirst, and all the ills that campaigning in the wilderness is heir to ; that " man is man," however he has been brought up, provided

he dare what man dares ; and, no doubt, he now reposes at Madrid, with all the better relish for the comforts and luxuries of a European capital, because he has "camped out" on the western prairies.

This allusion to foreigners brings to our mind an accomplished gentleman, M. Latrobe, with whom we travelled a few hundred miles on his western excursions. He had recently returned from his visit to the *trans-Mississippi* region, having been there with Mr. Irving, in the tour of which we have just been speaking. The freshness of nature and the freshness of man, as they exhibited themselves in a new region, then just budding into cultivation and population, delighted his liberal and inquiring mind at each step of the way. And he thought lightly of the inconveniences and the rough accommodations generally met with, where all was inceptive and unfinished. No supercilious reference to better styles of living bespoke offence or disappointment, where either would have been misplaced and absurd. He revelled in the beauties of the rich prairies, then mostly unbroken in their sward, and wearing the same covering that had clothed them since an extinct and forgotten race first subdued the forest that probably once grew there ; inciting the mind to weigh this theory with a thousand others, that are framed to account for an anomalous condition of the earth's surface, equally removed from, and apparently standing midway between, the extremes of wildness and cultivation. He regarded the changes that were breaking forth on every side, the evidences of enterprise, industry, and overflowing population, with philosophic and philanthropic gratification. During the journey, no "taken" notes" was apparent, and no suspicion arose that the intelligent observation of men and things, manifest throughout, would assume the form and pressure of print. Yet we were often led to think, that should any of his observations find their way to the public eye, they would be likely to bear the stamp of an ingenuous, discerning, and scientific mind, excluding all pandering to the British avidity, at that time so prurient, for querulous criticism, scandal, and caricature.

At a somewhat later period, we happened to be in the same steamer with those distinguished French gentlemen, Messrs. Beaumont and De Tocqueville, in a trip to Mackinac and Lake Superior. They had embarked on the Lakes

in pursuit of their ostensible object, an examination of penitentiaries. It was evident enough that they had already gone far beyond those "prison limits," and had left the boundary of such institutions far behind ; but they could not resist the desire to fly off, in a tangent, to the wide and novel fields of observation, that such a trip would spread out before them. Their minds appeared to be let loose from the restraints that had thus far bound them, according to instructions, to a specific inquiry, and their spirits ranged abroad over the fresh seas, and the wild banks that hemmed them in, with the most buoyant (almost *boyant*) exhilaration. They fished and fowled and sketched, rambled and scrambled and paddled, with the most light-hearted and the most light-footed of the party, which happened to be a gay and a large one ; were in raptures with Mackinac ; watched with enthusiasm the ever-shifting scenery of the river St. Mary ; went up, with the rest, to the neighbourhood of Gros Cap and Point Iroquois — the Pillars of Hercules of Lake Superior — and heartily joined in the ceremony of washing the hands, under a bright summer sun, in the cold waters of that immense basin, and assisted in pouring out a libation of wine upon the glittering sands of its brim ; and then, with three or four ladies and gentlemen, closely nestled in a bark canoe, with a *voyageur* at the bow and in the stern, to shun the Scyllas and Charybdises there, descended the Rapids, a full half mile long, ere their breaths — somewhat suspended, it is true — had respired half a dozen times. With a charming simplicity and versatility of manners, they soon appeared to have lost their foreign character, and easily harmonized with all around them ; while Mr. De Vigne (also on board), the English tourist, who afterwards published his observations, began, continued, and ended the trip, without having thrown down, so far as we recollect, one of those barriers that most naturally, in the outset, separate a stranger and a foreigner from those among whom he is accidentally cast. He came and departed the "strange gentleman" ; was observed to walk the deck much, to talk very little, and to make copious memoranda.

While we are thus citing a few examples of liberal curiosity, and willingness to encounter whatever inconveniences or privations may be met with in gratifying it, we are tempted, too strongly for resistance, to allude to another

instance of hardy enterprise in another foreigner of high rank and still higher intelligence, who, after having visited these Northern Lakes, resolved to penetrate from Lake Superior to Hudson's Bay, and thus return to Britain by a hyperborean circuit, such as few would have the nerve to undertake even professionally, and still fewer as an amateur excursion. Perhaps the blood of Selkirk circulated in his veins with an energy that does not animate many bosoms. The father, in his perilous and almost romantic peregrinations, had explored much of the vast region that spreads from Labrador to the Saskatchewan east and west, and from Lake Superior to Hudson's Bay south and north; the son, after having looked through our principal cities, and contemplated the theory and practice of our institutions with an extraordinary degree of good sense, seemed to consider his transatlantic visit but half completed, if he left the Upper Lakes, and the still more northern wilderness, without, at least, a cursory survey. He embarked for the Sault St. Marie with an intention, if he found no vessel there bound to the northern side of Lake Superior, to foot it around the eastern border of that Lake to Fort William, with no other suite than a stout Highlander — a Rob Roy looking domestic — and a guide.

These personal allusions may not be deemed inappropriate, when the object is to set forth, in quarters that may furnish strong allurements to imitation, examples of a spirit for inquiry and observation, that showed no regard for those boundaries which mark the termination of some of the comforts, more of the luxuries, and most of the effeminacy, of metropolitan life. If Dr. Drake's recommendation, joined with these desultory remarks, have any influence with the travelling public, there will probably be a large gain on the score of health, manly habits, and patriotic feeling.
